

Virtual parent/carer information sessions

Learn more about how you can support your child's wellbeing and mental health through childhood, the teenage years and beyond. Join the **CAMHS Future in Mind** mental health support team for our virtual information sessions.



Wellbeing Superstars – suitable for parents/carers of children and young people of all ages

Tuesday 1st August. 10-11.30am or

Monday 14th August 4-5.30pm

Learn about common childhood worries, how to support the early warning signs that your child may be struggling and gain strategies and tips on how you can support your child's wellbeing.

Sleep Success – suitable for parents/carers of children and young people of all ages

Monday 7th August 4-5.30pm or

Wednesday 30th August 10-11.30am

Learn all about children's sleep and the benefits of sleeping well for your child now and as they get older. Learn helpful practical strategies to ensure that your child (and you) gets a better night's sleep.

Tremendous teens – how you can promote your young person's wellbeing through the teenage years and beyond

Tuesday 22 August, 10am - 11.30am or Thursday 24 August, 4pm - 5.30pm

Suitable for parents/carers of secondary school age young people.

Learn about common teen worries, teen development, the early warning signs that your child may be struggling, and gain strategies and tips on how you can support your child's wellbeing.

Supporting your young person around exam results

Thursday 3 August, 4pm – 5pm or Wednesday 9 August, 10am – 11am

Suitable for parents/carers of young people awaiting exam results.

Learn why exam results and the run up to these can be so stressful, discuss tips to support your young person leading up to results day and beyond.

Contact your child's or young person's school for more information and to make a booking. We'll need details of the session(s) that you would like to attend and your full name and email address.

If you require a copy of this information in any other format or language please contact the Trust.



With **all of us** in mind.